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AUTHOR Hime, Kirsten
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ABSTRACT

This instructor's packet accompanies the learning activity package (LAP) on blood pressure. Contents included in the packet are a time sheet, suggested uses for the LAP, an instruction sheet, final LAP reviews, a final LAP review answer key, a pupil performance checklist, a handout on blood pressure, and student completion cards to issue to students as an indicator of successful LAP completion. (YLB)

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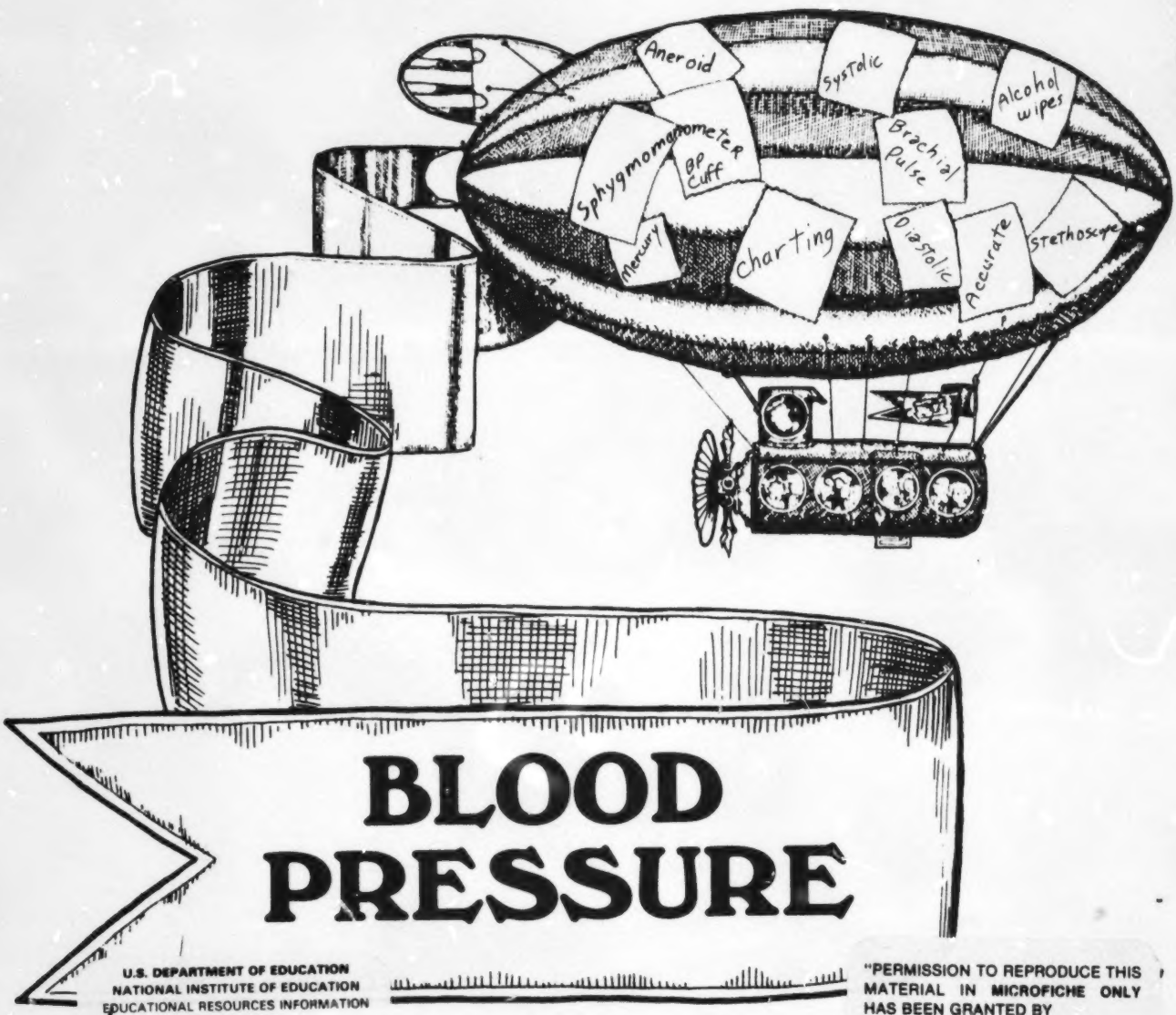
LAP *Learning Activity Package*

Instructor's Packet



BLOOD PRESSURE

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BLOOD PRESSURE

Instructor's Packet

PREPARED BY
KIRSTEN HIME, RN
INSTRUCTOR, RIVERSIDE ROP

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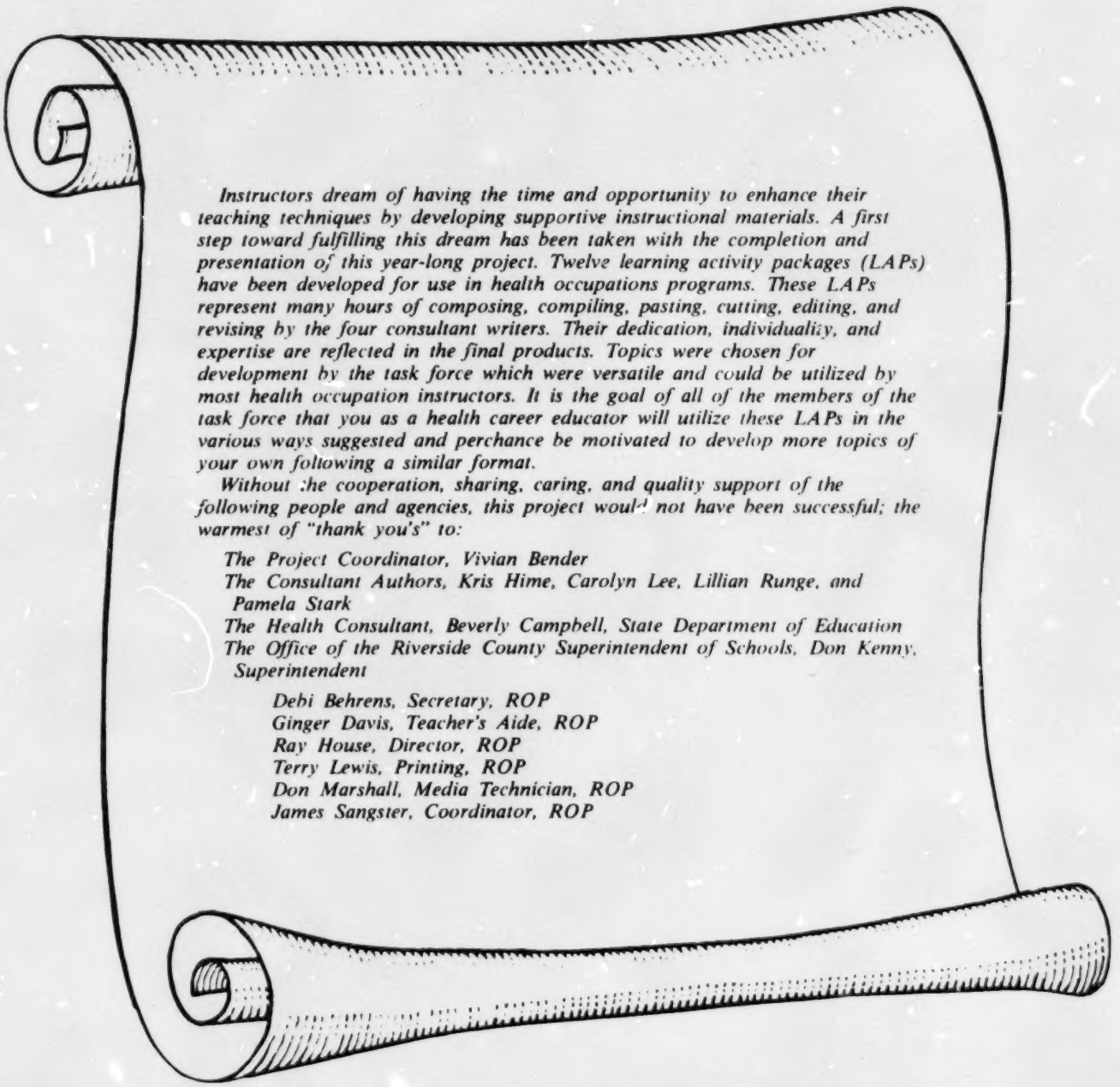
1982



Instructors dream of having the time and opportunity to enhance their teaching techniques by developing supportive instructional materials. A first step toward fulfilling this dream has been taken with the completion and presentation of this year-long project. Twelve learning activity packages (LAPs) have been developed for use in health occupations programs. These LAPs represent many hours of composing, compiling, pasting, cutting, editing, and revising by the four consultant writers. Their dedication, individuality, and expertise are reflected in the final products. Topics were chosen for development by the task force which were versatile and could be utilized by most health occupation instructors. It is the goal of all of the members of the task force that you as a health career educator will utilize these LAPs in the various ways suggested and perchance be motivated to develop more topics of your own following a similar format.

Without the cooperation, sharing, caring, and quality support of the following people and agencies, this project would not have been successful; the warmest of "thank you's" to:

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INSTRUCTOR'S PACKET

A LAP IS AN INDIVIDUALIZED LEARNING ACTIVITY PACKAGE TO ASSIST THE STUDENT TO ACQUIRE KNOWLEDGE FOR A SPECIFIC TOPIC.

INCLUDED IN THIS PACKET ARE THE FOLLOWING:

1. Suggested uses for LAP
2. Instruction sheet
3. LAP review
4. LAP review key
5. Suggested activity list
6. Additional resources
7. Student completion cards
8. Student work sheet

TIME

TIME REQUIRED WILL VARY WITH EACH STUDENT, BUT THE INSTRUCTOR SHOULD ALLOW AT LEAST _____ MINUTES FOR THE STUDENT TO COMPLETE THIS LAP.

SUGGESTED USES FOR THE MATERIALS INCLUDED IN THIS LAP ARE LISTED BELOW:

REVIEW

EVALUATION

SPIRIT MASTERS

XEROX

HANDOUTS

REMEDIAL WORK

TOPIC CHALLENGE FOR STUDENT

OVERHEADS

DITTOS

POSTERS

MAKE-UP WORK

CLASSROOM ACTIVITIES

INSTRUCTION SHEET

1. GIVE EACH STUDENT A LAP.

2. HAVE EACH STUDENT READ THE LAP AND COMPLETE THE REVIEW SECTIONS.

   THE STUDENT MUST GET EVERY QUESTION IN THE REVIEW SECTION CORRECT BEFORE CONTINUING ON TO THE NEXT TOPIC. IF ALL OF THE ANSWERS ARE NOT CORRECT, REPEAT THE SECTION OR TOPIC.

3. WHEN THE LAP IS COMPLETED, THE LAP AND WORK SHEETS SHOULD BE TURNED IN TO THE INSTRUCTOR, AND THE STUDENT SHOULD BE GIVEN THE FINAL LAP REVIEW.

4. AFTER ALL* OF THE FINAL LAP REVIEW QUESTIONS ARE ANSWERED CORRECTLY, THE STUDENT WILL RECEIVE A COMPLETION CARD. COMPLETION CARDS ARE INCLUDED IN THIS PACKET.

5. THE TIME FOR COMPLETING THE LAP WILL VARY WITH EACH STUDENT.

*IF THE STUDENT DOES NOT ANSWER ALL OF THE QUESTIONS CORRECTLY, RETURN THE LAP TO THE STUDENT FOR FURTHER REVIEW.

FINAL LAP REVIEW

NAME _____ 5

DATE _____

I. COMPLETE THE FOLLOWING:

1. DEFINE THE FOLLOWING TERMS:

A. BLOOD PRESSURE _____

_____

B. SYSTOLIC PRESSURE _____

_____

C. DIASTOLIC PRESSURE _____

_____

2. THE EQUIPMENT NEEDED TO TAKE BLOOD PRESSURE IS AS FOLLOWS:

A.

B.

C.

D.

E.

3. LIST TWO FACTORS WHICH CAN INCREASE BLOOD PRESSURE.

_____

_____

4. LIST TWO FACTORS WHICH CAN DECREASE BLOOD PRESSURE.

_____

_____

II. TRUE AND FALSE:

1. WHEN RECORDING THE BP, YOU DO NOT HAVE TO NOTE THE TIME.
2. NOTIFY YOUR SUPERVISOR IMMEDIATELY WHEN YOU OBTAIN AN ABNORMAL READING.
3. ACCURACY IS NOT IMPORTANT WHEN TAKING A BLOOD PRESSURE.

III. COMPLETE THE FOLLOWING:

1. THE ARTERY, WHICH YOU LOCATE BEFORE PLACING THE DIAPHRAGM OF THE STETHOSCOPE, IS CALLED THE _____ ARTERY.

2. THE TOP NUMBER IS REFERRED TO AS THE _____ PRESSURE, AND THE BOTTOM NUMBER IS CALLED THE _____ PRESSURE.

IV. CHOOSE THE BEST ANSWER.

1. ANY UNUSUAL BLOOD PRESSURE READING SHOULD BE:

   A. CHARTED IMMEDIATELY
   B. REPORTED IMMEDIATELY
   C. REPORTED IMMEDIATELY TO YOUR SUPERVISOR
   D. REPORTED TO THE DOCTOR

2. WHICH OF THE FOLLOWING MAY CAUSE HIGH BLOOD PRESSURE?

   A. STRESS
   B. IMPROPER DIET
   C. LOSS OF ELASTICITY OF BLOOD VESSELS
   D. ALL COULD BE FACTORS

3. WHEN IN DOUBT ABOUT YOUR READING OF A BLOOD PRESSURE, YOU SHOULD FIRST:

   A. HAVE ANOTHER PERSON TAKE IT.
   B. TELL THE NURSE YOU ARE UNSURE ABOUT YOUR READING.
   C. DOUBLE CHECK YOUR FINDINGS.
   D. DON'T SAY ANYTHING.

RETURN TO...

12 ... INSTRUCTOR

FINAL LAP. ANSWER KEY

I. COMPLETE THE FOLLOWING:

1. A. BLOOD PRESSURE IS THE FORCE OF THE BLOOD PUSHING AGAINST THE WALLS OF THE BLOOD VESSELS.

   B. SYSTOLIC PRESSURE IS THE GREATEST FORCE EXERTED ON THE WALLS OF THE ARTERY BY THE HEARTBEAT.

   C. DIASTOLIC PRESSURE IS THE LEAST FORCE EXERTED ON THE WALLS OF THE ARTERY BY THE HEARTBEAT.

2. A. SPHYGMOMANOMETER

   B. STETHOSCOPE

   C. ALCOHOL WIPE

   D. PENCIL OR PEN

   E. PAPER

3. LOSS OF ELASTICITY, AGE, EATING, EXERCISE, STIMULANTS, EMOTIONAL DISTURBANCE

4. HEMORRHAGE, SHOCK, FASTING, DEPRESSANTS, QUIET EMOTIONS

II. TRUE AND FALSE

1. FALSE
2. TRUE
3. FALSE

III. COMPLETE THE FOLLOWING:

1. BRACHIAL
2. SYSTOLIC, DIASTOLIC

IV. CHOOSE THE BEST ANSWER.

1. B

2. D
3. C

PRACTICE TAKING BLOOD PRESSURE READINGS ON:

FELLOW STUDENTS

FRIENDS

VOLUNTEERS

PARENTS/FAMILY

COMPARE READINGS TAKEN WHILE STUDENT (PATIENT) IS:

1. LYING DOWN
2. SITTING IN CHAIR
3. AFTER ACTIVITY

(REMEMBER TO WRITE FINDINGS DOWN BEFORE YOU FORGET.)

USING OUTSIDE SOURCES, DESCRIBE BRIEFLY THREE CONDITIONS THAT CAUSE AN ABNORMAL DECREASE IN BLOOD PRESSURE.

USING OUTSIDE SOURCES, DESCRIBE BRIEFLY THREE CONDITIONS THAT CAUSE AN ABNORMAL INCREASE IN BLOOD PRESSURE.

PUPIL PERFORMANCE CHECKLIST

NAME _____ 10

DATE _____

	YES	NO	REMARKS
1. WASHED HANDS			
2. ASSEMBLED THE FOLLOWING EQUIPMENT:			
A. PENCIL OR PEN			
B. PAPER			
C. ALCOHOL WIPE			
D. STETHOSCOPE			
E. SPHYGMOMANOMETER			
3. EXPLAINED PROCEDURE TO PATIENT			
4. POSITIONED PATIENT COMFORTABLY, EITHER LYING DOWN IN BED OR SITTING IN A CHAIR			
5. SUPPORTED ARM CORRECTLY			
6. ROLLED GOWN OR SHIRT SLEEVE ABOVE THE ELBOW OR ASKED PATIENT TO REMOVE SHIRT			
7. WRAPPED CUFF SMOOTHLY AND SNUGLY			
8. WRAPPED CUFF 1 TO 2 INCHES ABOVE THE ELBOW			
9. CLEANED EARPIECES OF STETHOSCOPE WITH AN ALCOHOL WIPE			
10. LOCATED THE BRACHIAL ARTERY WITH FINGERS			
11. PLACED STETHOSCOPE DIRECTLY OVER ARTERY			
12. PLACED STETHOSCOPE IN EARS			
13. RELEASED THUMB VALVE GRADUALLY			

		Yes	No	Remark
14.	Closed thumb valve and inflated balloon to at least 150 mm			
15.	Heard systolic pressure			
16.	Heard diastolic pressure			
17.	Released air in cuff after hearing diastolic pressure			
18.	Recorded blood pressure correctly			
19.	Removed cuff and expelled air			
20.	Folded cuff and returned to case			
21.	Cleaned earpieces of stethoscope with an alcohol wipe			

ADDITIONAL RESOURCES

BLOOD PRESSURE (FILMSTRIP)	TRAINEX, INC.
BLOOD PRESSURE HANDOUT (INCLUDED)	AMERICAN HEART ASSOCIATION

COMPLETION CARDS

STUDENT COMPLETION CARDS ARE PROVIDED FOR THE INSTRUCTOR TO ISSUE TO THE STUDENTS AS AN INDICATOR OF SUCCESSFUL COMPLETION OF THE LAP.

BLOOD PRESSURE

EQUIPMENT

OBTAIN FROM UNIT:

1. SPHYGMOMANOMETER
2. STETHOSCOPE
3. ALCOHOL WIPE

METHOD	KEY POINTS
PREPARING PATIENT	
1. EXPLAIN THE PROCEDURE TO THE PATIENT.	THERE WILL BE PRESSURE ON HIS OR HER ARM FOR A FEW SECONDS.
2. ASSIST PATIENT TO A RECLINING OR SITTING POSITION WITH FOREARM SUPPORTED.	
3. EXPOSE ARM ABOVE ELBOW.	USE THE LEFT ARM WHENEVER POSSIBLE.
TAKING BLOOD PRESSURE	
1. CLEAN THE EARPIECES OF THE STETHOSCOPE AND TAKE THE EQUIPMENT TO THE ROOM.	USE ALCOHOL WIPE.
2. APPLY THE CUFF ABOUT 2 INCHES ABOVE THE BEND OF THE ELBOW.	ADJUST CUFF SO TUBES WILL NOT INTERFERE WITH STETHOSCOPE.
3. LOCATE THE BRACHIAL ARTERY AND PLACE THE STETHOSCOPE OVER IT.	PLACE FINGERS OVER INNER ASPECT AT THE BEND IN THE ELBOW.
4. PLACE THE STETHOSCOPE IN THE EARS.	HAVE EARPIECES FACING FORWARD.
5. CLOSE THE AIR VALVE AND PUMP AIR INTO CUFF UP TO 150mm OF MERCURY AND LISTEN.	PUMP AIR INTO CUFF TO 20mm OF MERCURY ABOVE WHERE REGULAR SOUNDS HEARD.

TAKING BLOOD PRESSURE (CONTINUED)

6. OPEN AIR VALVE GRADUALLY AND LISTEN CAREFULLY. NOTE THE FIRST REGULAR BEAT. THIS IS THE SYSTOLIC PRESSURE.

   RELEASE AIR ABOUT 2-3 mm OF MERCURY PER SECOND.

7. CONTINUE RELEASING AIR GRADUALLY AND NOTE THE NUMBER ON THE INDICATOR AT WHICH THE SOUND CHANGES TO A DULL MUFFLED BEAT. THIS IS THE DIASTOLIC PRESSURE.

8. OPEN THE VALVE COMPLETELY, RELEASING ALL THE AIR IN CUFF.

9. REPEAT STEPS 3 THROUGH 8 TO RECHECK.

   WAIT AT LEAST FIFTEEN SECONDS SO BLOOD VESSELS WILL FILL.

10. REMOVE CUFF AND RETURN WITH STETHOSCOPE TO STORAGE AREA.

    CLEAN EARPIECES OF STETHOSCOPE AGAIN, AND PUT EQUIPMENT AWAY.

This is to certify that

_____

has successfully completed the
Blood Pressure L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the
Blood Pressure L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the
Blood Pressure L.A.P.

Date: _____

Instructor: _____

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has successfully completed the
Blood Pressure L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the
Blood Pressure L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the
Blood Pressure L.A.P.

Date: _____

Instructor: _____

YOUR VERY OWN WORK SHEET

NAME _____ 16

DATE _____

REVIEW I.

1. BOTH TYPES OF _____.
2. NAME THIS TYPE _____.
3. NAME THIS TYPE _____.

REVIEW II.

1. DIAPHRAGM OF STETHOSCOPE IS PLACED OVER _____.
2. REMEMBER TO FEEL FOR THE _____ PULSE.
3. HEAR ANY SOUNDS? _____ YES _____ NO

REVIEW III.

READ GAUGES

1.
2.
3.
4.
5.
6.

YOUR VERY OWN WORK SHEET

Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

Blood Pressure
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